

# CALLAHAN COURIER

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FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 11, NO. 11, NOVEMBER 2023





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## DIRECTOR'S CORNER

November is a wonderful month of being grateful for all that we have. For spending time with family and friends to celebrate Thanksgiving, and even the day after Thanksgiving! The Callahan Center Staff is filled with gratitude for all of our participants. The Callahan Center will be closed on both Thanksgiving and the day after to honor this time of appreciation.

Also, a special "Thank you" goes to our Veterans, both active and retired, for their military service. We want to recognize their family members for their unwavering support of those that served, as well. The Callahan Center will be closed on November 10 to observe Veterans Day.

We are thankful for the Continuing Connections program. It is an innovative program that serves those with early-stage dementia and their care partners. In June 2016, Lisa Ushkurnis received the Innovator of the Year Award from the Massachusetts Councils on Aging for creating this program. Jamie Jensen is the Continuing Connections Coordinator and her dedication and collaboration with Lisa for the past ten years has led to the success of the program. Previously, Deb Bourque spent 7 years in the role of Programs Assistant working closely with Jamie. Deb recently moved on to another career endeavor. We wish her the very best and say "Thank you" for her contributions.

Please don't forget to call for an Open Enrollment appointment, if you wish to review and change your Medicare health coverage and prescription drug plans. Open Enrollment lasts until December 7. SHINE Counselors are available to provide free expertise. Our Front Desk Receptionists can schedule an appointment at a convenient time for you.

Cultural programs offered in-person at the Callahan Center for November include the Kennedy Saga, Part 3 with Rick Tulipano, and for the adventurous at heart, National Parks: Southwest Parks is presented by Steve Farrar. A virtual event on Zoom is Artistic Collaborations & Competitions, Part 3 by Jane Oneail. Please check our schedule for all events.

I look forward to seeing everyone in November.

*Randy*

## CALLAHAN CENTER

**535 Union Avenue** (Handicap Accessible), Framingham, MA 01702  
**Telephone: 508-532-5980**

Web address: [www.framinghamma.gov/360/Council-on-Aging](http://www.framinghamma.gov/360/Council-on-Aging)

### Hours of Operation through Nov. 3:

Monday, Wednesday, Thursday 8:30 a.m.-4:30 p.m.

Tuesday 8:30-7:30 p.m., Friday 8:30 a.m.-1:30 p.m.

### Hours of Operation starting Nov. 6:

Monday through Friday, 8:30 a.m.-4:30 p.m.

## CALLAHAN CENTER MISSION STATEMENT

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

**DISCLAIMER NOTICE:** The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

## CALLAHAN CENTER STAFF

### STAFF

Randy Aylsworth, MS, Director of Elder Services  
Paula Geller, Programs Manager  
Kelly Lanefski, Administrative Assistant  
Ralph Dunlea, Computer Room Coordinator  
Roberta Ho, Volunteer Coordinator  
Carol Glover, Front Desk Receptionist  
Mary Kenney, Front Desk Receptionist  
Diane Krueger, Front Desk Receptionist  
David Higgins, Van Driver  
Igor Khrapach, Van Driver



### SOCIAL SERVICES

Lisa Ushkurnis, MSW, LICSW, Supervisor  
Cheryl Lavalley, LICSW, Assistant Social Services Supervisor  
Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections  
Liana Santos, Bilingual Outreach/DME Coordinator  
Sam Swisher, MBA, Outreach Volunteer Coordinator

### SHINE

Michelle Gucciardi, MetroWest Regional SHINE Director  
Emiliana (Amy) Gomes, MetroWest SHINE Asst. Program Coordinator

## COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

**Chairman:** Clyde Dottin

### Members:

Brenda Diaz, Patrick Dunne,  
Marie Giorgetti, Thomas Grove,  
Audrey Hall, Kathie McCarthy,  
Jennifer Rich, Linda Schwartz,  
Brian Sullivan

**COA Board Meeting -  
November 14, 1:30 p.m.**

## THE LEARNING CENTER FOR THE DEAF AUDIOLOGY CLINIC



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**The Callahan Center will be closed on Friday, November 10 in observance of Veterans Day, as well as Thursday, November 23 and Friday, November 24 for the Thanksgiving holiday weekend.**

## RETURN TO FALL/WINTER SCHEDULE

Beginning on November 6, the Callahan Center will resume fall/winter hours: Monday through Friday, 8:30 am to 4:30 pm. (Please note: The Center will close at 1:30 on Friday, November 3.)

## CALLAHAN LEGAL CLINIC

**Tuesday, November 28, 9-11 a.m.**

Meet with an attorney from MetroWest Legal Services (MWLS) to discuss legal issues (will not advise on estates and trusts). **FREE Consultations are 20 minutes in length.** To make an appointment for an in-person or telephone consultation, please call Lisa at 508-532-5980, ext. 4108.

## DROP-IN HOURS WITH CONGRESSWOMAN CLARK'S OFFICE

**Wednesday, November 8, 10 a.m.-noon**

Meet with Jay Higgins, Senior Constituent Services Representative for the Office of Congresswoman Katherine Clark. No appointment necessary. One-on-one meetings on a first-come, first-served basis.

## DROP-IN HOURS WITH STATE REP. PRISCILA SOUSA

**Monday, November 20, 10-11 a.m.**

Meet with state representative Priscila Sousa at Callahan. No appointment necessary. One-on-one meetings on a first-come, first-served basis.

**PLEASE BE AWARE** that the Callahan Center does not issue refunds for fee-based events or activities, unless those programs are canceled by the Center.

## CHANGE YOUR CLOCK CHANGE YOUR BATTERIES

**Sunday, November 5, 2 a.m.**

As we set the clocks back one hour, the U.S. Consumer Product Safety Commission recommends that now is the perfect time to check and change the batteries in smoke and carbon monoxide alarms. If either of these devices is more than 10 years old, replace the whole unit.

## FRIENDS LUNCH

**Wednesday, November 8, 11:30 a.m.**

**Boxed lunch: \$10, must be paid by 11/3**

Choice of: Chicken Caesar Wrap, Roast Beef on Roll, Caesar Salad, or Turkey BLT Wrap. All include chips, cookies, fruit, and bottled water. Sign up at the front desk.

## FRIENDS DINE AROUND

**Wednesday, November 15**

**JP's Restaurant & Pub.** See page 10 for details.

## PLEASE REMEMBER TO SWIPE OR SIGN IN

We appreciate your taking time to sign into the computers in the lobby for each of the programs and events you attend at the Callahan Center. If you don't have your key tag with you, simply enter your first name and touch "Next" on the screen; then follow the prompts. The front desk can assist with key tags and the kiosks, if you have any questions.



## UPCOMING TRIPS WITH FRIENDS OF

**ASHLAND & FRAMINGHAM COAS**

**A New England Christmas, 11/26, \$160pp**

**Christmas Celebration with the Corvettes, 12/12, \$120pp**

Additional day and overnight trips are scheduled through February. Flyers for all trips are available at the Callahan Center and via Constant Contact.

## CONTINUING CONNECTIONS AT THE CALLAHAN

The Continuing Connections program at the Callahan Center is looking for Framingham residents.



Continuing Connections is a therapeutic, social program for people diagnosed with early stage Alzheimer's or other forms of dementia, along with their care partners. The group meets every Friday from 9:30-1:30 and incorporates a variety of interactive activities for both parties to enjoy together, including: music, art, movement, reminiscence activities, and games. The program features guest artists, speakers and professional support for care partners. If you or someone you know could benefit from this program or would like more information, please contact Jamie or Lisa to arrange an in-person, informal discussion by calling 508-532-5980, ext. 2 or emailing [jjensen@framinghamma.gov](mailto:jjensen@framinghamma.gov) or [lau@framingham.gov](mailto:lau@framingham.gov).

## A NOTE ABOUT THE CENTER

While we strive to keep the building temperature comfortable for all throughout the changing seasons, it may be helpful to bring a sweater or light jacket with you to programs.

## YOUR VOTE IS IMPORTANT

**State Election - Tuesday, November 7**

Polls will be open from 7 a.m. until 8 p.m. For more information about voting in Framingham, visit the City of Framingham Election Center: <https://www.framinghamma.gov/3046/Elections-and-Voting> or call the City Clerk's Office at 508-532-5520.

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## CALLAHAN CENTER LEARNING & CULTURAL PROGRAMS

Please call the front desk to register: 508-532-5980, ext. 0

These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and in part by the Friends of Callahan.



### THE KENNEDY SAGA, PART 3 CAMELOT BETRAYED

Tuesday, November 14, 1:30 p.m.

**Presented by: Rick Tulipano, Historian & Author**

**Register by 11/13**

After JFK's death, Jacqueline Bouvier Kennedy mythologized her husband's memory by creating an



American version of the Camelot legend. As we examine the Kennedy/Camelot mystique, we'll see how the Kennedys themselves inadvertently destroyed the Camelot image. Our look at their self-inflicted decline will focus on a doomed marriage in Greece and a tragic midnight drive on the small Massachusetts island of Chappaquiddick.

program will explore the style of painting and illustration established by N.C. Wyeth in the early 1900s and passed on and re-interpreted by his children, primarily Andrew Wyeth and his grandson Jamie Wyeth. Learn about their favorite subjects, their influences and their enduring impact in the art world. Presenter Jane Oneil curates and delivers art appreciation programs to audiences throughout New England. She holds a master's in Art History from Boston University and a master's in Education from the Harvard University Graduate School of Education. Jane has worked at some of New Hampshire's most esteemed cultural institutions and has taught Art History at the college level for more than a decade.



### ARTISTIC COLLABORATIONS & COMPETITIONS, PART 3

**The Wyeths: An American Dynasty**

Thursday, November 16, 1 p.m.

**Presented by: Jane Oneil**

**Register by 11/15 to receive the Zoom link**

The Wyeth family of artists is known for their somber realism and subtle storytelling. This

**VIRTUAL**



### NATIONAL PARKS: SOUTHWEST PARKS

Tuesday, November 28, 1:30 p.m.

**Presented by: Steve Farrar**

**Register by 11/27**

Our guide, Steve Farrar, will focus on the tremendous diversity within relatively short distances that highlights the Southwestern National Parks. Although all five of the parks we will visit are in desert ecosystems, the environments range from the 13,000' elevation in Great Basin to the flats of Badwater Basin at 282 feet below sea level in Death Valley. Plants abound - Joshua trees, ancient bristlecone pines, and the majestic Saguaro cactus. Saving the best for last, we will explore the Grand Canyon top-to-bottom! Join us as Steve takes us on a visual tour that includes some of the most iconic images found throughout the entire National Park system.

### AFTERNOON OF REMEMBRANCE

Thursday, November 30, 1:30-3 p.m.

**RSVP required by 11/28**

Join us as we come together to recall our loved ones, including our beloved pets.

We will reflect and honor them in the presence of those like ourselves, who seek meaning, healing and peace in our hearts and minds. Please call the front desk to register: 508-532-5980, ext. 0. Our appreciation to Jaye O'Connell from Good Shepherd Community Care for leading this special program.



### BE PREPARED FOR EMERGENCIES

**WITH SMART 911:** Create a free, Safety Profile at [www.Smart911.com](http://www.Smart911.com). With Smart911, you can create your own Safety Profile to give 9-1-1 valuable information about yourself, family members, your home, pets, and even vehicles that will automatically display on the 9-1-1 call taker's screen when you make an emergency call. It's private and secure, and you control what information is in your profile. These details can save valuable time during an emergency. *Note: If you need help creating your Safety Profile, please visit the Callahan Center Computer Room on Thursday mornings 9:00-noon or call to make an appointment.*

### MOVIE DOUBLE FEATURE

#### MISSION: IMPOSSIBLE- FALLOUT

Tuesday, November 7, 1-3:30 p.m.

**Register by 11/6**

Ethan Hunt and the IMF team join forces with CIA assassin August Walker to prevent a disaster of epic proportions. When the weapons go missing, Ethan and his crew find themselves in a desperate race against time to prevent them from falling into the wrong hands. This 2018 action-thriller - the 6th in the Mission: Impossible film franchise - stars Tom Cruise as Ethan Hunt. Rated PG-13



### BOOK CLUB:

#### THE NEXT CHAPTER

Tuesday, November 21

1:30-3:15 p.m.

**Register by 11/20**

Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed,



their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. All-star cast including: Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen, Andy Garcia, Don Johnson, and Craig T Nelson. Rated PG-13.

### SIGN UP THIS MONTH!

#### MEET CHIEF LESTER BAKER, FRAMINGHAM CHIEF OF POLICE

Thursday, December 7, 1:30-2:30 p.m.

**Register by 12/4**

Join the conversation as the Callahan Center welcomes Framingham Chief of Police Lester Baker for an informal conversation. In addition to sharing updates from the Framingham Police Department, Chief Baker would like to know what's on your mind. Here's your opportunity to speak with the Chief about topics that matter to you. To assist in planning, please submit your questions/topics for the Chief by Monday, 12/4 by emailing Roberta Ho at [rho@framinghamma.gov](mailto:rho@framinghamma.gov) or calling 508-532-5980, ext. 4102.





## FITNESS &amp; WELLNESS

**SMALL BALL & LIGHT WEIGHTS  
WITH ANN**

Wednesdays, 11 a.m., \$3 per class

**Canceled 11/8**

*This class meets every Wednesday, EXCEPT the second Wednesday of each month.* Build strength, balance, and stability in this class, which incorporates a small Bender Ball and light hand weights (1 to 3 lb. recommended). Exercises will be done to music in a standing position and utilizing the chair.

**STRENGTH & CARDIO WITH JENN**

Mondays, 10:15-11:15 a.m.

Wednesdays, 9:30-10:30 a.m.

**\$3 per class****Canceled 11/20**

Move to upbeat music in this full body workout. Low impact exercises that focus on your strength, cardio endurance, and posture are done rhythmically to add motivation and fun. This class begins with a warm up and ends with a cool down and stretching. Participants may use hand weights if you have them. Jenn is a Certified Personal Trainer with 10 years of experience in providing group and individual instruction at area fitness facilities and for corporate clients.

**TAI CHI WITH JON**

Mondays, 12:30-1:30 p.m., \$4 per class

Tai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. Although no prior experience is necessary, this class involves one hour of movement without the assistance of a cane/walker.

**ZUMBA WITH SUSAN**

Tuesdays &amp; Thursdays, 11 a.m., \$3 per class

**Canceled 11/23**

Zumba mixes world rhythms and easy-to-follow dance moves, so you have fun while exercising. Instructor Susan Craver has been teaching Zumba for over 10 years.

**MINDFUL LIVING & MEDITATION  
WITH LISA**

Wednesdays, 11 a.m.-noon, \$3 per class

Instructor Lisa Campbell is a professional meditation and mindfulness coach, helping others transform their lives to be healthier, happier and more peaceful. Each week is a combination of mindful awareness practices, breathing techniques and meditations that help nurture a positive mindset, actively work with tension and anxiety, and so much more.

**MOBILITY, STRETCH & BALANCE  
WITH ANN**

Tuesdays OR Thursdays, 9:30 a.m., \$3 per class

**Must be pre-registered for this class.****Call the front desk to be added to the wait list.****Canceled: 11/23**

Join Certified Fitness Instructor and Certified Personal Trainer Ann Saldi for this weekly class designed to improve your flexibility, posture and joint mobility. Stretching is an important part of flexibility and helps to offset the effects of the normal decline in flexibility as we age. This class will also incorporate key balance exercises to allow for muscle awareness to aid in the prevention of falls. Exercises are done standing and seated with adaptations available for those who prefer to remain seated.

**CHAIR YOGA WITH REBECCA**

IN PERSON: Fridays, 11 a.m.-noon, \$3 per class

ON ZOOM: Tuesdays, 4:30-5:15 p.m., \$3 per class

**Canceled 11/10 & 11/24**

Rebecca Reber leads this gentle form of yoga, which builds strength and flexibility. As with many forms of exercise, it can be modified for people of varying abilities. Rebecca has been teaching chair yoga classes for older adults at senior centers throughout the MetroWest area. **To register for the class on Zoom, please email Paula at [pgeller@framinghamma.gov](mailto:pgeller@framinghamma.gov).**

**CALLAHAN FITNESS CENTER**

Mon, Wed, Thurs, 9 am-4 pm; Tues, 9 am-7 pm;

Fri, 9 am-1 pm. *Starting Nov. 6, the fitness center*

*will be available Monday through Friday, 9 am-4 pm. \*Note: The fitness room is closed for special programming on Thursdays from 1:30-2:45 pm.*

Try our suspension elliptical, treadmill, rower or exercise bikes! The Callahan Fitness Center features eight state-of-the-art fitness machines. The Fitness Room is open to adults age 55+. A \$2 admission fee enables users up to 50 minutes of access to the equipment at a time. Please sign in at the front desk at the front desk.

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**DID YOU KNOW?**

Many insurance providers offer a reimbursement for fitness classes. Check with your health plan provider for details. Checking in at the Callahan lobby kiosks helps track your class attendance and fees for reimbursement purposes. See the front desk with questions.

**LEARN SOMETHING NEW****CALLAHAN COMPUTER CLASSES**

**Instructor: Ralph Dunlea**

**Space is limited! Registration required: 508-532-5980.**

**KEEPING YOUR PASSWORDS SECURE****WHY & HOW TO USE A PASSWORD MANAGER**

**Monday, November 13, 10-11:30 a.m. Register by 11/9**

As the Internet becomes more prevalent in our lives, keeping our data and information secure becomes more critical. Email providers, banks, credit card companies, and other websites require user IDs and passwords. Trying to remember all of them can be difficult. That is where password managers can help. A good password manager will store all your IDs and passwords. We will discuss several password managers and the pros and cons of each. Please note: A good password manager is not free.

**ONLINE & PC SECURITY**

**Keep your computer secure while holiday shopping online!**

**Monday, November 20, 10-11:30 a.m. Register by 11/17**

**Instructor: Ralph Dunlea**

The class will review the many threats and scams that are targeting you and your computer. Learn what to do if you encounter some of the pop-up screens that suddenly appear asking you to call a number to unlock your PC (e.g. ransomware). We will also discuss staying safe online, your privacy, and some steps to minimize sites tracking you. Learn about various tools (anti-virus programs, computer cleaning programs), which can help stop many threats before they affect your computer.

**TECHNOLOGY CHALLENGES?****WE CAN HELP! ASK-THE-EXPERTS**

**Thursdays, 10 a.m.-noon**

Our Ask-the-Experts team is available to help with your technology issues and questions. Whether you use a smart phone, tablet, laptop, or desktop, we can assist with:

- Trouble-shooting issues with your equipment.
- Helping you stay protected against viruses and spyware.
- Solving issues you may be experiencing with programs and applications.
- Answering questions you may have about email, internet search, cell-phone features, and more.



This free service is available by reservation or on a first come, first served basis.

**CHINESE MAH JONGG**

**Tuesdays, 1:15-3:45 p.m.**

This new weekly game is offered for those who already play Chinese Mah Jongg or who are experienced Mah Jongg players looking to play Chinese style. (Introductory classes are not available at this time.)

**DISCUSSION GROUPS, GAMES & MORE****IN-PERSON ACTIVITIES:**

**ASK THE COMPUTER EXPERTS:** Thursdays, 10 am-noon

**BINGO:** Wednesdays, 1-3 pm, please plan to arrive earlier to purchase cards (\$1 each). Game starts promptly at 1 pm.

**BLOOD PRESSURE CLINIC:** Wednesdays, 9-noon. *Canceled 11/22.*

**BOOK DISCUSSION GROUP:** Thursday, November 2, 1:30-2:30 pm

**BOWLING:** Mondays, 10 am, Ryan's Family Amusement located on Route 109 in Millis, \$15 including shoes. For more info, please contact Ruthann at ram2151@comcast.net or 508-872-5826.

**CHAIR VOLLEYBALL:** Mondays, 2 pm & Tuesdays, 12:30 pm

**CHINESE MAH JONGG:** Tuesdays, 1:15-3:45 pm

**COMPUTER ROOM:** Mon, Thurs. & Fri, 9 am-4 pm. *Closed Tuesdays and Wednesdays for Medicare Open Enrollment and during computer classes.*

**CONTRACT BRIDGE:** Tuesdays, 9-11:30 am

**CRIBBAGE:** Thursdays, 9:30-11:30 am

**DISCUSSION GROUP:** Thursdays, 11 am-12:30 pm

**GENEALOGY GROUP:** Mondays, 1-4 pm

**GRUPO LATINOAMERICANO:** Thursdays, 11 am-12:30 pm

**KNITTERS:** Friday, *November 17*, 10:30 am-noon

**MAH JONGG:** Tuesdays & Thursdays, 10:15 am-1 pm

**MARY MAKE DO (sewing/quilting):** Mondays, 10 am-4 pm

**OPEN SEW:** Fridays, 9 am-4 pm

**PINOCHLE:** Mondays and Tuesdays, 9-10:30 am

**POKER:** Fridays, 9-11 am

**POOL TABLES:** M,W,Th, 8:30 am-4 pm; Tues, 3-7 pm; Fri, 8:30 am-1 pm. *Starting Nov. 6, pool tables will be available M, W, Th, Fri, 8:30 am-4 pm; Tues, 12:30-4 pm.*

**SPORTS FANATICS:** Mondays, 10 am

**TABLE TENNIS:** M,W,Th, 8:30 am-4 pm; Tues, 8:30 am-7 pm; Fri, 8:30 am-1 pm. *Starting Nov. 6, the ping pong tables will be available Monday through Friday, 8:30 am-4 pm. Tables are not available on the 2nd and 4th Tuesday of every month from 3-4 pm.*

**CONTINUING ON ZOOM:**

**CONVERSATION & HUMOR:** Fridays, 12:30 pm

**OPENINGS FOR VOLUNTEERS**

The Callahan Center is currently looking for volunteer assistance in the following areas:

- **Volunteer to assist with Connections at Callahan -** We're hoping to reactivate a former Social Service program called Connections at Callahan. The program is designed to help people with memory challenges to remain physically and socially active. Volunteers will be trained as Partners to accompany a senior with memory decline to participate in programs and activities at the Callahan Center. For more information, contact Lisa at 508-532-5980, ext. 4108.
- **Help sign in participants for our fitness programs.** Shifts available on a variety of dates/times. Time commitment: Approximately ½ hour.
- **We're also looking for a Bingo Assistant** on Wednesdays, 12:45-3:15 pm, several times a month.

Please contact Roberta for more information: rho@framinghamma.gov or call 508-532-5980, ext. 4102.



## ALZHEIMER'S CAREGIVING SUPPORT GROUP

**Wednesday, November 1, 11-12:30 p.m.**

This drop-in support group is geared toward individuals living apart from loved ones who are currently in long-term care or assisted living dementia care. Please contact Lisa at 508-532-5980, ext. 4108 for more information.

## BETTER BREATHERS GROUP

**Wednesday, November 8, noon-1 p.m.**

Do you have a chronic lung disease such as asthma, COPD, chronic bronchitis, or lung cancer? Facilitator Cheryl Burgess leads this monthly discussion group covering resources and practices designed to promote respiratory health. Cheryl has more than 20 years of experience as a Director of Respiratory Care and currently works for MedMinder Pharmacy.

## BEREAVEMENT SUPPORT GROUP

**Tuesday, November 14 & 28, 1 p.m.**

This group, led by Jaime Fitts, MSW, LICSW is offered in partnership with Brookhaven Hospice. The group meets the 2nd and 4th Tuesday of each month. For more information, please contact Lisa at 508-532-5980, ext. 4108.

## CAREGIVER SUPPORT GROUP

**Thursday, November 16, 2-3 p.m.**

*Please note change in date due to the Thanksgiving holiday.*

If you're interested in learning more about this group, please contact Cheryl Lavalley, LICSW, at 508-532-5980, ext. 4134.

## GRANDPARENT SUPPORT GROUP

Contact Lisa at 508-532-5980, ext. 4108 for more information and to arrange a pre-screening for the Grandparent Support Group.

## LOW VISION GROUP

**Wednesday, November 15, 11 a.m.-12:30 p.m.**

**In Person and on ZOOM**

A monthly support group for people living with low vision. Group shares resources, hosts guest speakers, and provides open discussion on a range of pertinent topics.

## PARKINSON'S SUPPORT GROUP

**ON ZOOM: Tuesday, November 7, 1-2 p.m.**

**IN PERSON: Tuesday, November 21, 1-2 p.m.**

Please call Lisa at 508-532-5980, ext. 4108 for more information.

## ARE YOU IN NEED OF MEDICAL EQUIPMENT?

Durable Medical Equipment (DME) is available at the Callahan Center for Framingham residents to borrow at no charge, as inventory allows. **It is important to call in advance to reserve a requested item, as our inventory is limited.** Contact Social Services at 508-532-5980, ext. 2. All messages will be returned within 1-2 business days.

## CONSIDER DONATING YOUR GENTLY USED MEDICAL EQUIPMENT

Please consider donating your gently used, clean durable medical equipment to the Callahan Center. As you may know, the Center makes equipment available for Framingham residents to borrow. We are especially in need of wheelchairs and rollators. Donations are accepted during business hours listed on page 3. Contact Social Services at 508-532-5980, ext. 2 if you have any questions.

## FLASHFOOD - NEW APP TO SAVE MONEY!

FLASHFOOD is a new free app that gives shoppers access to exclusive deals on items including meat, produce, seafood, dairy, deli, and bakery products that are nearing their best-by date. In addition to offering great deals for customers, the program helps grocery stores reduce food waste. Stop & Shop is the first retailer in Massachusetts to offer the program. Shoppers can download the Flashfood app, available for iOS and Android, to start browsing deals on fresh items nearing expiration. Shoppers make their purchases right in the app, then pick-up their order the same day from the "Flashfood zone" inside participating Stop & Shop stores, which include both Framingham locations. For more information, visit <https://www.flashfood.com>.

## WE CAN HELP:

The Callahan Center's Social Services Department is knowledgeable about LGBT community resources and services available to older adults. Social workers can assist older adults in negotiating the senior landscape. Please reach out to us at 508-532-5980.



For information about Springwell's LGBTQ+ Initiative and Pathways events for LGBTQ+ folk and SOFAs (Significant Others, Family, Friends, and Allies), please contact LGBTQ+ Initiative Coordinator Julie Nowak on Springwell's confidential LGBTQ+ helpline at 508-573-7288.

## IS MONEY TIGHT THESE DAYS? WE COULD HAVE A SOLUTION!

Many people over the age of 60 are eligible for SNAP and don't use it. **This could mean as much as \$100 per month available to buy groceries.**

The money you save on your grocery bill could be put toward other expenses. Please contact the Callahan Center's Social Services Department to see if you qualify.



# CARLYLE HOUSE

342 Winter Street, Framingham, MA  
[www.carlylehouse.biz](http://www.carlylehouse.biz)

508-879-6100

*Carlyle House is proud to be serving the community for over 30 years.*

We are a 55 bed, single-level skilled nursing facility nestled on beautifully landscaped grounds close to the heart of Framingham. We are responsive to the needs of both our short-term and long-term residents. Our new short-term wing, along with our innovative therapy team, is geared to provide the rehabilitation needed for your return home.





## CURTIS FAMILY THANKSGIVING MEALS FOR HOMEBOUND SENIORS

Once again, Thanksgiving meals will be delivered by volunteers to homebound seniors on Thanksgiving Day, November 23, from 11 am to 2 pm. **RSVP required by November 16.** Please email [curtisthanksgiving@gmail.com](mailto:curtisthanksgiving@gmail.com). Framingham residents may call Lisa at the Callahan Center: 508-532-5980, ext. 4108. Please provide your full name, address and phone number. Note: Meals are intended for homebound seniors and seniors living alone.

**HOME SHARING:** Home Sharing is here! The Callahan Center is pleased to be partnering with Jewish Family Services of MetroWest. We are identifying seniors who would like to share their home to defray living expenses with another senior looking to downsize or needing reasonable rent. There are many reasons to consider this new option. For more information, please contact Diana at Jewish Family Services of MetroWest: 508-875-3100, ext. 700 or [dobrien@jfsmw.org](mailto:dobrien@jfsmw.org).

## HOME ENERGY & FUEL ASSISTANCE PROGRAM FOR 2023-2024:

Callahan's Social Services Department is currently processing NEW Fuel Assistance Applications for Framingham residents who are age 60 and older and applying for the **first time**. Please contact Cheryl at 508-532-5980, ext. 4134 for information and eligibility requirements.

*Meet Our Callahan Van Drivers - Pictured right: David Higgins (l) and our newest driver, Igor Khrapach (r). Our service has recently expanded to include mornings. Service available Mon. through Thurs. 9 am to 3:30 pm and Fri. 9 am to 1:30 pm. Please note: Market Basket only Wed. & Fri. mornings. For more information, please call the Callahan Center at 508-532-5980, ext. 0.*

## FREE TRANSPORTATION OPTIONS FOR FRAMINGHAM RESIDENTS!

### \*FREE CALLAHAN SHARED-RIDE VAN:

Thanks to generous funding from MWRTA, the Callahan Center shared-ride van is operating free to residents 55 and older and those with disabilities for destinations within Framingham and to/from Market Basket in Ashland. You must be registered with the Callahan Center and MWRTA to access this service. Service available Mon. through Thurs. 9 am to 3:30 pm and Fri. 9 am to 1:30 pm. Please note: Market Basket only Wed. & Fri. mornings. Call the Callahan Center at 508-532-5980 to initially register for van service. Once your **registration is confirmed, contact the MWRTA Call Center at 508-820-4650 to schedule rides.**

### FREE TAXI SERVICE AGE 60+:

Do you need to get to a destination beyond Framingham and need someone else to drive you or you can't afford the taxi fare? The Callahan Center has been able to utilize funds from MassDevelopment Finance Agency to provide Framingham residents ages 60+ with **limited/occasional** free round-trip taxi rides from Tommy's Taxi locally and beyond Framingham's borders for



medical appointments and other necessities. **It is essential to call at least one week in advance to request this service.** Weekend and evening service may be possible. If you have appointments in Boston's medical area or transportation needs to communities beyond Framingham, please contact Sam Swisher at 508-532-5980, ext. 4113.

## MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7 DON'T MISS YOUR CHANCE TO CHANGE PLANS



### SHINE can help!

It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. Medicare plans including premiums, doctor networks, and covered drugs can change yearly, so it is very important to check your options for 2024.

Call the Callahan Center at 508-532-5980, ext. 0, and ask for a SHINE appointment. At the time of your appointment, you should have your:

- Medicare account username and password (if you have an account)
- Medicare card # and other drug/health insurance cards and benefit information
- Prescription drug list (dosage, quantity, frequency)

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

# Good Bank. Good Neighbor.

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## FRIENDS BOARD MEMBERS

**President**.....Mary McGill  
**Treasurer**.....Len Brenner  
**Assistant Treasurer**.....Michelle Nicholas  
**Corresponding Secretary**.....Marie Gibbons  
**Sunshine Lady**.....Carol Lach

### Board Members:

Karin Beth, Mary Chapin, Jim DeSimone, Diane Egan, Robert Jonason, Denise Liset, Chris Lorant, Norma Kramer, Kathy Mello, Elaine Murphy, Donna Shaw, Sheila Watnick

### Friends Board Meeting

**Tuesday, November 7, 2 p.m.**

**To receive Constant Contact updates from the Friends including the online version of the Callahan Courier newsletter, please send your email address to: [callahan.friends@yahoo.com](mailto:callahan.friends@yahoo.com).**

## FRIENDS DINE-AROUND

**November 15, 11:30 a.m.-9 p.m.**

### JP's Restaurant & Pub

Come hungry because all dishes feature huge portions! JP's is known for their delicious lobster rolls and varied menu. 20% of the food portion of your bill will be donated back to the Friends of Callahan Center. Good for dine in, takeout or catering. Not good on delivery, specials or coupons. Cash or local personal check only. ATM on site. Flyers are available from the front desk or Constant Contact and MUST be presented to the order taker to ensure the donation back to the Friends. Everyone who signs up at the front desk (508-532-5980) and participates will be registered for a chance to win a \$25 Gift Card to the restaurant. Note: Winner's name will be used by Friends of Callahan to promote the program. JP's Restaurant & Pub is located at 166 Milk St., Westborough. Telephone: 508-366-0627.



**SAVE THE DATE! 12/6, California Pizza Kitchen**

## A NOTE FROM THE FRIENDS OF CALLAHAN



As I was thinking about what to write, two words popped into my head: Gratitude and Thankfulness. First, I would like to express sincere gratitude to our Front Desk ladies who hold down the fort daily with their cheerfulness and kindness, leaving their personal lives at the door. Gratitude for the many people who make the Callahan Center run efficiently, from Randy Aylsworth, Director, the Staff, Social Services, and SHINE Counselors to the custodian.

When I think of thankfulness, I am beyond thankful and appreciation for my board, who work in making things happen for the good of all. My heart is full when I think of all the ways in which the Callahan Center community and

community at large come together to make the center a welcoming and fulfilling place for our seniors.

November is a month of contrasts - dreary, grey skies combined with vivid red, gold, yellow, and green leaves. It seems as if everything is changing and sometimes the pace of change appears to be too fast. If you feel like this, retreat, relax and take some time to discover the many programs and activities that Callahan has to offer.

With Gratitude and Thankfulness for your continued support of the Friends of Callahan. The mantra of the Friends is to work as a group to raise additional funds to help cover programs and activities to keep our seniors active and involved at the Callahan Center.

As a final thought of Gratitude and Thankfulness, we salute the courage, honor and bravery of our veterans.

Mary McGill  
 President of the Friends of Callahan



**Fill Out Form**

**Not a member of the Friends of Callahan? It's easy to join!**

**Membership is \$15.00 for individual and \$20.00 for couples.**

**Name** \_\_\_\_\_

**Date of Birth** \_\_\_\_\_

**Address, City, State, Zip** \_\_\_\_\_

**Email Address** \_\_\_\_\_

**Cell Phone** \_\_\_\_\_ **Home Phone** \_\_\_\_\_

*The Friends of Callahan Senior Center, Inc. is a non-profit 501(c)3 organization.*



**CARMEL TERRACE**

— ASSISTED LIVING —

**ST. PATRICK'S MANOR**

NURSING & ROSARIE CENTER  
 FOR SHORT-TERM REHABILITATION

*Our Beautiful Campus Offers a Full Continuum of Care in Framingham*

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508-403-7223

[www.CarmelTerrace.org/Tour](http://www.CarmelTerrace.org/Tour)

933 Central St

Framingham, MA 01701

**St. Patrick's Manor:**

508-370-8611

[www.StPatricksManor.org/Tour](http://www.StPatricksManor.org/Tour)

863 Central St

Framingham, MA 01701



## THE SUNSHINE LADY'S CORNER



The Friends would like to reach out to members in time of need. The Sunshine Lady - Carol Lach - can help brighten their day and/or offer condolences. Please call the front desk at 508-532-5980, ext. 0 and leave a message. Your request will be forwarded to the Sunshine Lady who mails cards on behalf of the Friends of Callahan.



## A MEMORIAL OR HONORARY CONTRIBUTION TO THE FRIENDS OF CALLAHAN

Your contribution to the Friends of Callahan in memory of or to honor someone who is a cherished family member or friend will be used to supplement programs and events at the Callahan Center. Your gift would be a meaningful way to make a lasting tribute. We will notify the appropriate individuals of your thoughtful gift, when you complete and return the form below. We sincerely appreciate your support of the Friends of Callahan.

Your Name: \_\_\_\_\_ Donation: \$ \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

My donation is in memory of: \_\_\_\_\_

How related: \_\_\_\_\_

My donation is in honor of: \_\_\_\_\_

How related: \_\_\_\_\_

Please send acknowledgment to:

Name: \_\_\_\_\_

How related: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please make checks payable to: The Friends of Callahan, 535 Union Avenue, Framingham, MA 01702.



## BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell. Now, proudly serving 22 communities.

Learn more at  
[www.springwell.com](http://www.springwell.com)



# springwell

(617) 926-4100 / 307 Waverley Oaks Road, Suite 205, Waltham, MA 02452  
(508) 573-7200 / 33 Boston Post Road (Rt. 20) West, Marlborough, MA 01752



## Casa de Ramana

Rehabilitation Center

[www.casa-rehab.com](http://www.casa-rehab.com) | 508.872.8801 | 485 Franklin Street, Framingham, MA

*Offering short-term rehabilitation, long-term care,  
a certified dementia unit and hospice care.*

### Our Short-Term Rehab Unit Services Include:

- Skilled nursing care
- Physical therapy, occupational therapy and speech therapy
- We specialize in OTAGO - a muscle strengthening and balance retraining program
- Our therapy team is certified in LSVT BIG and LOUD® therapy - for those diagnosed with Parkinson's Disease and other movement diagnoses
- OmniVR - a virtual reality therapy system that enables functional rehabilitation for aging adults and others with physical limitations



**Movement Disorders • Technology • Newly Renovated Gym**



## MONDAY

**CULTURAL PROGRAM ON ZOOM**

**11/16, 1 pm: Artistic Collaborations & Competitions, The Wyeths: An American Dynasty, Presented by Jane Oneal**

**FITNESS & DISCUSSION GROUPS ON ZOOM**

Chair Yoga, Tuesdays: 4:30 pm (\$3)  
Conversation & Humor: Fridays, 12:30 pm

**SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION**

Low Vision Support Group  
Parkinson's Support Group  
Grandparent Support Group  
Call 508-532-5980, ext. 4108 for more info

*The fitness center is not available on Thursdays from 1:30-2:45 pm.*

*Table Tennis area is reserved for special programming on the 2nd and 4th Tuesdays from 3 to 4:30 pm*

8:30-4 Pool Tables  
8:30-4 Table Tennis  
9-4 Fitness Room \$2  
9-4 Computer Room  
9 Pinochle  
10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15  
10-4 Mary Make Do  
10-11:30 Sports Fanatics  
10:15 Strength & Cardio with Jenn, \$3  
12:30 Tai Chi, \$4  
1-4 Genealogy Group  
2 Chair Volleyball

6

8:30-4 Pool Tables  
8:30-4 Table Tennis  
9-4 Fitness Room \$2  
9-1:30 Computer Room  
9 Pinochle  
10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15  
10-4 Mary Make Do  
10-11:30 Sports Fanatics  
10:15 Strength & Cardio with Jenn, \$3  
**10-11:30 Keeping Your Passwords Secure, Presented by Ralph Dunlea**  
12:30 Tai Chi, \$4  
1-4 Genealogy Group  
2 Chair Volleyball

13

8:30-4 Pool Tables  
8:30-4 Table Tennis  
9-4 Fitness Room \$2  
9-1:30 Computer Room  
9 Pinochle  
10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15  
10-4 Mary Make Do  
**10-11 Drop-In Hours with State Rep. Priscila Sousa**  
10-11:30 Sports Fanatics  
**10-11:30 Online & PC Security, Presented by Ralph Dunlea**  
12:30 Tai Chi, \$4  
1-4 Genealogy Group  
2 Chair Volleyball

20

**Canceled: Strength & Cardio with Jenn**

8:30-4 Pool Tables  
8:30-4 Table Tennis  
9-4 Fitness Room \$2  
9-4 Computer Room  
9 Pinochle  
10 Callahan Bowling, Ryan's Family Amusement, Millis, \$15  
10-4 Mary Make Do  
10-11:30 Sports Fanatics  
10:15 Strength & Cardio with Jenn, \$3  
12:30 Tai Chi with Jon Woodward \$4  
1-4 Genealogy Group  
2 Chair Volleyball


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## TUESDAY

**YOUR VOTE COUNTS! STATEWIDE ELECTION**

8:30-4 Table Tennis  
9-4 Fitness Room \$2  
**9-4 Computer Room closed during Medicare Open Enrollment**  
9 Contract Bridge  
9 Pinochle  
9:30 Mobility, Stretch & Balance with Ann \$3 **Must be pre-registered for this class.**  
10:15-1 Mah Jongg  
11 Zumba \$3  
12:30 Chair Volleyball  
12:30-4 Pool Tables  
1-2 **ZOOM:** Parkinson's Support Group  
1:15-3:45 Chinese Mah Jongg  
**1:30-3:20 Movie Matinee: Mission: Impossible - Fallout PG-13**  
**2 Friends Board Meeting**  
4:30-5:15 **ZOOM:** Chair Yoga \$3


7

**8:30-3 Table Tennis**  
9-4 Fitness Room \$2  
**9-4 Computer Room closed during Medicare Open Enrollment**  
9 Contract Bridge  
9 Pinochle  
9:30 Mobility, Stretch & Balance with Ann \$3 **Must be pre-registered for this class.**  
10:15-1 Mah Jongg  
11 Zumba \$3  
12:30 Chair Volleyball  
12:30-4 Pool Tables  
1 Bereavement Support Group  
1:15-3:45 Chinese Mah Jongg  
**1:30 COA Board Meeting**  
**1:30 The Kennedy Saga, Part 3, Presented by Rick Tulipano**   
4:30-5:15 **ZOOM:** Chair Yoga \$3

14

8:30-4 Table Tennis  
9-4 Fitness Room \$2  
**9-4 Computer Room closed during Medicare Open Enrollment**  
9 Contract Bridge  
9 Pinochle  
9:30 Mobility, Stretch & Balance with Ann \$3 **Must be pre-registered for this class.**  
10:15-1 Mah Jongg  
11 Zumba \$3  
12:30 Chair Volleyball  
12:30-4 Pool Tables  
1-2 Parkinson's Support Group  
1:15-3:45 Chinese Mah Jongg  
**1:30-3:15 Movie Matinee: Book Club: The Next Chapter PG-13**  
4:30-5:15 **ZOOM:** Chair Yoga \$3

21

**8:30-3 Table Tennis**  
9-4 Fitness Room \$2  
**9-4 Computer Room closed during Medicare Open Enrollment**  
9 Contract Bridge  
9 Pinochle  
**9-11 Legal Clinic - Appt. Required**  
9:30 Mobility, Stretch & Balance with Ann \$3 **Must be pre-registered for this class.**  
10:15-1 Mah Jongg  
11 Zumba \$3  
12:30 Chair Volleyball  
12:30-4 Pool Tables  
1 Bereavement Support Group  
1:15-3:45 Chinese Mah Jongg  
**1:30 Southwest Parks, Presented by Steve Farrar**   
4:30-5:15 **ZOOM:** Chair Yoga \$3

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WEDNESDAY	THURSDAY	FRIDAY
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 <b>9-4 Computer Room closed during Medicare Open Enrollment</b> 9-12 Blood Pressure Clinic 9:30 Strength &amp; Cardio with Jenn, \$3 11 Small Ball &amp; Light Weights with Ann, \$3 11 Mindful Living &amp; Meditation \$3 11-12:30 Alzheimer's Caregiving Support Group 1-3 Bingo</p> <p><b>1</b></p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Computer Room 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9:30 Cribbage 9:30 Mobility, Stretch &amp; Balance with Ann \$3 <b>Must be pre-registered for this class.</b> 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Book Discussion Group</p> <p><b>2</b></p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 <b>Zoom:</b> Conversation &amp; Humor <b>Closing at 1:30 pm</b></p> <p><b>3</b></p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 <b>9-4 Computer Room closed during Medicare Open Enrollment</b> 9-12 Blood Pressure Clinic 9:30 Strength &amp; Cardio with Jenn, \$3 <b>10-12 Drop-In Hours with Jay Higgins, US Rep. Clark's Office</b> 11 Mindful Living &amp; Meditation \$3 <b>11:30 Friends Lunch, \$10 per person (registration required by 11/3)</b> 12 Better Breathers 1-3 Bingo</p> <p><b>8</b></p> <p><i>Canceled: Small Ball &amp; Light Weights</i></p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Computer Room, 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9:30 Cribbage 9:30 Mobility, Stretch &amp; Balance with Ann \$3 <b>Must be pre-registered for this class.</b> 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group</p> <p><b>9</b></p>	<p><b>CLOSED IN HONOR OF VETERANS DAY</b></p>  <p><b>10</b></p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 <b>9-4 Computer Room closed during Medicare Open Enrollment</b> 9-12 Blood Pressure Clinic 9:30 Strength &amp; Cardio with Jenn, \$3 11 Small Ball &amp; Light Weights with Ann, \$3 11 Mindful Living &amp; Meditation \$3 11-12:30 Low Vision Group 1-3 Bingo</p> <p><b>15</b></p> <p><b>FRIENDS DINE AROUND</b> <b>JPs Restaurant &amp; Pub</b> <b>Westborough, 508-366-0627</b></p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9-4 Computer Room 9:30 Cribbage 9:30 Mobility, Stretch &amp; Balance with Ann \$3 <b>Must be pre-registered for this class.</b> 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group <b>1 Zoom: Artistic Collaborations &amp; Competitions-The Wyeths, Presented by Jane Oneal</b> 2 Caregiver Support Group</p> <p><b>16</b></p> 	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-4 Open Sew 9 Poker 10:30-12 Callahan Knitters 11 Chair Yoga with Rebecca \$3 12:30 <b>Zoom:</b> Conversation &amp; Humor <b>Closing at 4:30 pm</b></p> <p><b>17</b></p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 <b>9-4 Computer Room closed during Medicare Open Enrollment</b> 9:30 Strength &amp; Cardio with Jenn, \$3 11 Small Ball &amp; Light Weights with Ann, \$3 11 Mindful Living &amp; Meditation \$3 1-3 Bingo</p> <p><b>22</b></p> <p><i>Canceled: Blood Pressure Clinic</i></p>	<p><b>CLOSED: THANKSGIVING</b></p>  <p><b>23</b></p>	<p><b>CALLAHAN CENTER IS CLOSED FOR THE THANKSGIVING WEEKEND</b></p>  <p><b>24</b></p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 <b>9-4 Computer Room closed during Medicare Open Enrollment</b> 9-12 Blood Pressure Clinic 9:30 Strength &amp; Cardio with Jenn, \$3 11 Small Ball &amp; Light Weights with Ann, \$3 11 Mindful Living &amp; Meditation \$3 1-3 Bingo</p> <p><b>29</b></p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9-4 Computer Room, 9:30 Cribbage 9:30 Mobility, Stretch &amp; Balance with Ann \$3 <b>Must be pre-registered for this class.</b> 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group <b>1:30-3 Afternoon of Remembrance led by Jaye O'Connell, Good Shepherd Community Care</b></p> <p><b>30</b></p>	





## ELDER LAW WITH FRANK AND MARY

by **Arthur P. Bergeron**

*Arthur is an elder law attorney in the  
Trusts and Estates Group at Mirick O'Connell.*

### TIME FOR YOUR ANNUAL INSURANCE CHECK-UP!

As every senior knows, it's Medicare renewal time. So, this is my annual reminder: First, think about your health, has it changed (different meds?) or might it change next year (medical procedures)? Before you try to figure this out yourself or just tune out and simply renew what you already have, talk with someone who does this all the time. You may be able to save money by rearranging some things.

The obvious and most common change will be to your Medicare Part D plan. Remember that if you simply renew your current plan, that does not mean your current plan is the same as it was last year. The kinds of drugs the plan covers, your co-pays, basically everything about your plan may be different on January 1st. You don't want to find out about that on January 2nd, when it turns out one of your medications is not covered or the co-pay has doubled. You also want to figure out if your medications or co-pays will change if you change pharmacies.

The second part of your medical insurance that you want to check on, if you are on "traditional" Medicare (Part A and B), is your supplemental insurance package. No surprise that the healthier you are, the more you may be comfortable with a supplemental plan that is less expensive but increases your costs in the case of a serious event. The sicker you are or expect to be, the more you benefit from a supplemental plan that is more all-inclusive. The point is that, at our age (I turned 73 this year, so I get it), there's more likelihood that your health will change from year-to-year. You have the luxury of tailoring your insurance to adjust for that, but only at this time of year, and only until December 7th.

Finally, except on Martha's Vineyard or Nantucket, you want to compare your plan to one of the several so-called Medicare Advantage plans (technically, Medicare C plans) that are required to provide at least what Medicare A and B provide, but also include drug coverage and often include much more, like vision appointments and eyeglasses, hearing appointments and hearing aids, reimbursements for trips to the gym and any number of other "goodies" meant to make you want to be a member. The percentage of seniors using Medicare C plans now grows every year and now accounts for nearly half of all senior coverage in other parts of the country. Especially if you are interested in having someone pay you to stay healthy in addition to paying you if you get sick, you should check out the Medicare Advantage plans.

If you want to learn more about these issues, you can watch this month's episode of Elder Law 101. You can find it on AFTV (Verizon 43; Comcast 9) or on Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://www.youtube.com/elderlawfrankandmary). If you have any questions, please contact me at (508) 860-1470 or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com).



## MIRICK O'CONNELL

ATTORNEYS AT LAW

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**Arthur P. Bergeron**  
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legal clinics on YouTube:  
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Answer to Previous Sudoku

1	8	5	3	4	2	6	7	9
7	2	9	8	6	1	5	3	4
6	4	3	7	9	5	1	8	2
8	5	6	2	1	4	3	9	7
2	9	1	5	7	3	4	6	8
3	7	4	6	8	9	2	1	5
4	3	7	1	5	8	9	2	6
9	6	2	4	3	7	8	5	1
5	1	8	9	2	6	7	4	3

Game answers for this issue will be published in next months issue.

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		3						
5			8		1		9	7
	7		2		1			
9					8			
	4			9		6		
			9		7			8
3	2				4			
1				3				

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DIFFICULTY: ★★☆☆

## ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "U" = "T"

"GQQN DYSR CQQU YE UVQ JRYSEW  
LEW DYSR UVYSJVUF LU MYCUD  
VQPJVUF."

— NQLBQ NPMJRPA

PREVIOUS SOLUTION: "Broad-mindedness is the result of flattening high-mindedness out." — George Santayana

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E013

## CROSSWORD PUZZLE

### ACROSS

- 1 Truth: Chin.
- 4 Scot. alder tree
- 7 Noncommissioned officer (abbr.)
- 10 Weaking
- 11 Monkey
- 12 Small goby
- 14 Afr. fruit
- 15 Got
- 17 Citizen (abbr.)
- 18 Occipital protuberance
- 19 Hole-in-one
- 20 Chin. dynasty
- 22 National Bureau of Standards (abbr.)
- 24 Sec (2 words)
- 27 S.A. porridge
- 31 Mitigate
- 32 Detective
- 34 Girasol
- 35 Rose essence
- 37 Monster in Gr. myth
- 39 Indian dance drama

- 41 Jewish month
- 42 Gamble
- 45 Siberian antelope
- 47 Exclamation
- 50 Keats poem
- 52 Great Barrier island
- 53 Spore (pref.)
- 54 Aggregate
- 55 Wander
- 56 Nat'l Security Agency (abbr.)
- 57 To or from a distance (pref.)
- 58 Dadaist

### DOWN

- 1 Polynesian amulet
- 2 Birthstone
- 3 Unclose
- 4 Not voiced
- 5 Islamic month
- 6 Radium emanation
- 7 No middle initial (abbr.)

### ANSWER TO PREVIOUS PUZZLE

H	E	A	T	O	F	F	S	K	A	T
I	S	B	N	F	L	A		A	N	D
S	T	A	T	A	G	E	M	M	O	A
S	E	S		R	U	M	E	N	B	T
			M	A	L		D	E	A	L
C	A	D	E	L	L	E		T	W	I
E	M	I	R		S	A	C		A	K
A	I	S	L	E		T	R	I	E	M
S	E	R		N	A	N	N	A		A
I	N	I	T		S	E	A	E	A	G
O	N	C	E		S	A	T		F	U
N	A	T	L		O	P	E		L	E

- 8 First miracle site
- 9 Org. or Petroleum Exporting Countries (abbr.)
- 10 Women's Army Corps (abbr.)
- 13 Pindar work
- 16 Coptic clergyman
- 18 3 (Rom. numeral)
- 21 Aver
- 23 Mouthlike orifice
- 24 Goddess (Lat.)
- 25 Rodent
- 26 Eur. Economic Community (abbr.)
- 28 Worker
- 29 Malay gibbon
- 30 Guido's note (2 words)
- 33 Fr. artist
- 36 Demolish: Brit.
- 38 Mountain on Crete
- 40 Muslim prayer
- 42 More!
- 43 Television channel
- 44 New Mexico art colony
- 46 He (Lat.)
- 48 Mass
- 49 Air-to-air missile (abbr.)
- 51 Underwear
- 52 Medieval money

	1	2	3		4	5	6		7	8	9	
10					11				12			13
14					15				16			
17					18					19		
		20	21			22			23			
24	25					26		27		28	29	30
31					32		33		34			
35					36		37		38			
			39		40		41					
42	43	44			45		46			47	48	49
50				51					52			
53							54			55		
	56						57			58		

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- Gloria C. // resident daughter

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